



CONG Family Program Newsletter

June 2007

Inside this issue:

Director's Comments	1
State Family Conference	1
Youth Program	2
Foundation	3
Reunion	3
Contact Information	4

As Always...



1-800-342-9647

www.militaryonesource.com

User ID: military Password: onesource

2007 State Family

"You are a vital piece of the puzzle!"

For questions call Angie Yount at 720-250-1192

Calling all Commander, 1SG's, Unit Coordinators, Unit Volunteers, Recruiters, and Chaplains!

Mark your calendars! The 2007 Family Program Conference will be held at the beautiful Beaver Creek Resorts August 10-12. Be looking for you registration packet, or you can visit www.guardfamily.org for more information (*You have to be registered to see CO information!)



The Colorado Army National Guard has two upcoming deployments!

Farwell and Godspeed to
5/19th SFG(A)
140th Security Forces.



"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."

State Family Program Director



Martin Luther King, Jr.

As we approach summer, activities in the Family Program Office do not seem to be slowing down. Our office is gearing up for the return of the 169th Fires Brigade as well as the return of the 2/135th Aviation Battalion. It is with heavy hearts that we say good bye to the 2/238th Medivac Detachment, the 5/19th SFG(A), and the 140th Security Forces as they prepare for deployment. We wish them the best of luck and our prayers are with the soldiers and their families during this difficult time.

As members of the National Guard you are entitled to many discounts on activities this summer. Please be sure to

check out your local MWR Facility to learn more about what is being offered. There are discounts available for Disneyland, Disneyworld, as well as Elitch's. If you are looking for a fun family vacation, Carnival Cruise lines is offering tremendous discounts for military members. If you have children please check out the great camps that are being offered throughout the summer.

Please enjoy your summer and keep our deployed troops and their families in your prayers.

Charlene Shields

Contact the Family Program Office at 1-866-333-8844 or on the web at <http://www.coloradoguard.army.mil/webpages/familyprogram.htm>



OPERATION: BEAT SUMMER BOREDOM

MISSION: Get up, get out, get going, and get involved. Learn something new, try something different this summer. Pursue an interest. Do something!

WHEN: This Summer- 31 May to 31 August, 2007

WHAT:

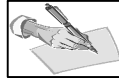
Sign up for:

“Live Fit, Exercise For Life”

“Feed Your Mind...Read!”

“Give Back-Show You Care...Volunteer!”

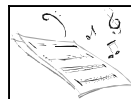
“Express Yourself!” - Through Music, Photography, Writing or Art



WHO: YOUTH Ages 7-16 years old

ENROLLMENT: Go to the Colorado Army National Guard website- http://www.coloradoguard.army.mil/webpages/family_youth.asp and download a copy of the log sheet for the program or programs you want to participate in and begin logging your activities and hours. Forms must be signed by parents and youth. **Forms and/or art or music projects must be returned no later than September 15, 2007.** Return sheets to

Amy Pike
State Youth Coordinator
6848 S. Revere Pkwy.
Centennial, CO 80112
Fax: 720-250-1199
amybeth.pike@us.army.mil



AWARDS: Bronze, Silver, and Gold level certificates for youth who enroll. Must fill out log sheets, and return them documenting your efforts. **(Also must be signed by parent/guardian).**

A Supreme Excellence award will go out to the child who logs the most activity and or/creativity in the state of Colorado over the summer.

Award certificates will be given to units of representation for presentation.

Full-Time Support Chaplain

The COARNG selected Chaplain LTC Andrew C. Meverden as the full-time chaplain in March 2007.



Many of you already know Chaplain Andy! His new office is in the Family Program Suite. His new phone number is 720-250-1194.

Chaplain Andy and any of our other chaplains are available for:

- Counseling
- Spiritual guidance
- Advice
- Referrals
- Encouragement

If you would like to have a chaplain at your next FRG meeting please contact Chaplain Andy, and he will coordinate the details with you!



New License Plate in Colorado Supports Troops



The American Military Family organization has announced its successful efforts in getting a special license plate dedicated to the troops for residents of Colorado.

Ninety-three percent of the proceeds from the new \$25 vehicle tag will go to directly support Colorado military members and their families. This will include active-duty members, National Guard and reserve soldiers as well as veterans and non-profit organizations working to support the military. The plate is set for release July 1 and advance orders are currently being taken. For more information including directions on how to order the new license plate, visit the American Military Family website. <http://www.americanmilitaryfamily.org/license.asp>



IMPORTANT CONG FOUNDATION INFORMATION

NOTICE:

If you have received a loan in the past through the CONG Foundation and are behind in your payments, please contact our office as soon as possible to update your information. For the next 2 weeks we will make new arrangements for you (start your payments again) and send you new payment coupons. Please contact us for repayment so that we can financially assist someone else as you were assisted during your hardship! After this 2-week period we will proceed with contacting your Commander to check your status. We want to keep you out of collections so please call Debbie **ASAP** at 720-250-1191!



United Way 2-1-1 Is Just A Phone Call Away!

This year, more than 100,000 people will dial three simple numbers to get or give help in our community. United Way 2-1-1 is a free, multi-lingual service that refers callers to non-emergency health and human services. Such as:

- Child and Elderly Care
- After-school programs
- Job Training
- Counseling
- Substance Abuse

Just call 2-1-1 or visit them at the web at www.milehighunitedway.org

FREE BUS RIDES

FREE RIDES FOR COLORADO MILITARY

Bernie Rogoff, executive director of the National Guard Association of Colorado, said that Barbara Yamrick, O'Neil Quinlan, 2nd vice president of the RTD board voted with eleven other members in support of a motion to grant free rides for all active duty members of the military through December, 2007.

All military active duty who show their white ID will have unlimited free access to:

- buses
- light rail services,
- sky ride to DIA
- access-a-ride



It's not too soon to be thinking about Reunion!

During the time leading up to the reunion communicate with your loved one. Discuss what you are feeling and compare expectations. Talk with your children and ask them questions to help them express their feelings.

Expect some changes and challenges.

- Realize that people grow, children are older
- you may have taken on a new job.
- Roles have changed, as you have taken over responsibilities on the home front for both of you.



Communication may be difficult at first since everyone has changed. It may take time to get to know each other again. Interest may have changed. Remember that old problems don't disappear just because you are apart. There also might be new challenges to your relationship. Don't hesitate to get professional help if issues seem to be overwhelming.

Make the homecoming event special, it is a time to celebrate. Stay confident and flexible. Spend time as a couple and be patient, readjustments may take up to 8 weeks or longer. Adjust gradually. Start with small changes and make them slowly. You may have to rethink your budget. Cost will be different with the service member home and pay may change too.

Communication is the basis of healthy, growing relationships.



COLORADO NATIONAL GUARD
FAMILY PROGRAM OFFICE
6848 S. REVERE PKWY.
CENTENNIAL, CO 80112



Family Program Contact Information



State Family Program Director

Charlene Shields
720-250-1190
charlene.mshields@us.army.mil

State Family Readiness Assistant

Angie Yount
720-250-1192
angie.yount@us.army.mil

Family Program Specialist

Barbara Mandonado
720-847-8495
barbara.l.mandonado@us.army.mil

Wing Family Program Coordinator

Grace Finley
720-847-9116
grace.finley@cobuckang.af.mil

CONG Foundation

Debbie McCarthy
720-250-1191
debbie.mccarthy1@us.army.mil

Websites

www.guardfamily.org
You will need to register on this website in order
to see events and announcements for Colorado

[www.coloradoguard.army.mil/webpages/
familyprogram.htm](http://www.coloradoguard.army.mil/webpages/familyprogram.htm)

State Youth Coordinator

Amy Pike
720-250-1193
amybeth.pike@us.army.mil

Family Assistance Center (Denver)

Suzanne Buemi
720-847-8493
suzannebuemi@us.army.mil

Family Assistance Center (Cob Spgs)

Erin Cobos
719-526-8251
erin.cobos@us.army.mil